

AZTEC AWARE MENU

Selections

Listed below are singular foods that can be ordered on their own in any combination, or as sides to any dish. All allergens are labeled with their designated symbol. The Aztec Aware Menu can be ordered from **UTK**.












Proteins

Prepared with salt, pepper, & oil unless otherwise specified

- Scrambled Egg  
- Scrambled Egg Whites  
- Vegetarian Sausage     
- Vegetarian Meatballs 
- Turkey Sausage
- Grilled Chicken
- Pollo Asado
- Pan-Seared Tofu  
- Plant Based Chik'n    
- Beef Meatballs  
- Beef Carne Asada
- Black Beans 
- Sauteed Shrimp  
- Beef Burger
- Beyond Burger   

Grains & Pastas

Rice & pastas are prepared in salted water only

- Steamed Jasmine Rice 
- Whole Grain Medley 
- Udon Noodles  
- Pasta  
- Gluten-Friendly Noodles 
- Gluten-Friendly Tortillas   
- Corn Tortilla 

Vegetables (All Vegetables)

Can be prepared boiled (in water only) or sauteed with oil, salt & pepper

- Broccoli

- Carrots
- Celery
- Onions
- Mushrooms
- Napa Cabbage
- Zucchini

Sauces & Condiments

- Marinara Sauce   VEGAN
- Alfredo Sauce    
- Orange Sauce  VEGAN
- Thai Chili    VEGAN    
- Pesto Cream Sauce    
- Mongolian Sauce    VEGAN
- Chimichurri Sauce  VEGAN

Allergen Key

 VEGAN Vegan (contains no animal or animal-based products)

 Vegetarian (may contain egg and/or dairy)

 Contains Soy (either soy protein or soybean oil)

 Contains Dairy

 Contains Wheat

 Contains Egg

 Contains Tree Nuts

 Contains Shellfish